

MW=Monday Workout Walk

TW=Tuesday Wellness Walk

WW=Weekend Walk

SEPTEMBER	Sat 3	<b>JM Holiday</b>	<b>no walk</b>		
	Mon 5	<b>JM Holiday</b>	<b>no walk</b>		
	Tues 6	<b>JM Holiday</b>	<b>no walk</b>		
	Sat 10	<b>JM Holiday</b>	<b>no walk</b>		
	Mon 12	<b>Half Day</b>	<b>MW</b>	<b>Shotley</b>	
	Tues 13	9.45 -11.00	<b>TW</b>	Orford	
	Sat 17	9.45 -11.00	<b>WW</b>	Wherstead (SFH)	
	Mon 19	9.30 - 11.30	<b>MW</b>	Debenham	
	Tues 20	9.45 -11.00	<b>TW</b>	Pin Mill	
	Sat 24	9.45 -11.00	<b>WW</b>	Sutton Heath	
	Mon 26	9.30 - 11.30	<b>MW</b>	Stoke by Nayland/Polstead	
	Tues 27	9.45 -11.00	<b>TW</b>	Barking Woods	
	OCTOBER	Sat 1	9.45 -11.00	<b>WW</b>	Levington/Nacton
		Mon 3	<b>Half Day</b>	<b>MW</b>	<b>Iken/Tunstall/Snape</b>
Tues 4		9.45 -11.00	<b>TW</b>	Wherstead/SFH	
Sat 8		<b>JM away</b>	<b>no walk</b>		
Mon 10		9.30 - 11.30	<b>MW</b>	Alton Water	
Tues 11		9.45 -11.00	<b>TW</b>	Debenham	
Sat 15		9.45 -11.00	<b>WW</b>	Orford	
Mon 17		9.30 - 11.30	<b>MW</b>	Cretingham	
Tues 18		9.45 -11.00	<b>TW</b>	Chelsworth	
Sat 22		9.45 -11.00	<b>WW</b>	Melton	
Mon 24		9.30 - 11.30	<b>MW</b>	Coddenham	Half term
Tues 25		9.45 -11.00	<b>TW</b>	Coddenham	Half term
Sat 29		9.45 -11.00	<b>WW</b>	Barking Woods	Half term
Mon 31		9.30 - 11.30	<b>MW</b>	Sutton Heath	
NOVEMBER	Tues 1	9.45 -11.00	<b>TW</b>	Levington	
	Sat 5	9.45 -11.00	<b>WW</b>	Pin Mill	
	Mon 7	9.30 - 11.30	<b>MW</b>	Bildeston	
	Tues 8	9.45 -11.00	<b>TW</b>	Sutton Heath	
	Sat 12	9.45 -11.00	<b>WW</b>	Coddenham	
	Mon 14	9.30 - 11.30	<b>MW</b>	Otley	
	Tues 15	9.45 -11.00	<b>TW</b>	Badley (Needham)	
	Sat 19	9.45 -11.00	<b>WW</b>	Chelsworth	
	Mon 21	9.30 - 11.30	<b>MW</b>	Barking Woods	
	Tues 22	9.45 -11.00	<b>TW</b>	Thornham walks	
	Sat 26	9.45 -11.00	<b>WW</b>	Debenham	
	Mon 28	9.30 - 11.30	<b>MW</b>	Pin Mill	
	Tues 29	9.45 -11.00	<b>TW</b>	Melton	

optional lunch at The Butt and Oyster

Coffee break in Snape